



Oak Ridge City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Oak Ridge City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Oak Ridge City School System that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved include BMI screenings, the CSH policy, school wellness policy and the AED policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 205,707.40

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ AAA | ➤ Briarcliff Health Care Center |
| ➤ Action for Healthy Kids | ➤ Boy Scouts |
| ➤ ActivTek Environmental | ➤ Children's Museum of Oak Ridge |
| ➤ Advanced Family Foot Care | ➤ Calvary Baptist Church |
| ➤ Air Professionals | ➤ Campbell Cunningham and Taylor, P.C. |
| ➤ Allegory Asthma and Sinus | ➤ Cardiac Science |
| ➤ American Cancer Society (Knoxville) | ➤ CASA |
| ➤ AmeriChoice | ➤ Chick-fil-A |
| ➤ Anderson County Interagency Coalition | ➤ Child Advocacy Center of Anderson County |
| ➤ Anderson County Health Department | ➤ East TN Children's Hospital |
| ➤ Aramark | ➤ Cigna |
| ➤ Army | ➤ Clinch River Home Health |
| ➤ Altrusa | ➤ Catholic High School |
| ➤ Anderson Farmers Co-Op | ➤ Contact Help Line |
| ➤ Ayurveda Center | ➤ Community Mediation Services |
| ➤ BlueCross BlueShield | ➤ Curves |
| ➤ Academy of Family Physicians | ➤ Complete Nutrition |
| ➤ Access Breakaway | ➤ CandC Fencing |
| ➤ Boys and Girls Club | ➤ Department of Children Services |
| | ➤ Earth Fare |
| | ➤ Dollywood |

- Centennial Village
- East TN Clean Fuels
- East TN Epilepsy Foundation
- E.L.M. Emergency Links Matters
- Emory Valley Learning Center
- Emory Valley Dental Clinic
- Events at Sherlake
- Enrichment FCU
- Free Medical Clinic of Oak Ridge
- The Estates of Oak Ridge
- First Lego League
- Firehouse Subs of Oak Ridge
- Fitness Together
- Food City of Oak Ridge
- Food Lion of Oak Ridge
- Fox Fitness
- Friends of the Earth Cleaning
- Healthy Chocolate
- Healthy Living Expo
- Healthy Start
- Healthy Visions Wellness Center
- The Healthy Shoppe
- HOSA of Oak Ridge High School
- High Places
- Hosenfeld Chiropractic
- JakeBreak4Kids
- Scripts Network
- Journal Broadcast Group
- Juice+
- JW Gibson (Local Farmer)
- Kile Chiropractic
- Kern United Methodist
- Faith Promise
- Karns Chiropractic
- Knoxmoms.com
- Knoxville Ice Bears
- Legal Aid Society
- Lincoln Memorial University
- Maryville College
- Men's Health Network
- Madison Media Works
- Mental Health Association of East TN
- Methodist Medical Center
- Metropolitan Drug Commission
- Moe's Southwest Grill
- National Fitness Center
- National Kidney Foundation
- National MS Society
- New Horizons Wellness Center
- New You for Life
- Next Level Training
- Northern Air
- Oak Ridge Chamber of Commerce
- Oak Ridge Fire Department
- Oak Ridge Gastroenterology Center
- Oak Ridge Police Department
- Oak Ridge Obesity Clinic
- Knox Area Coalition on Childhood Obesity
- OB-GYN Associates of Oak Ridge
- Oral and Maxillofacial Surgical Specialists
- Oral Surgery Specialist of TN
- Our Daily Bread of TN
- Oak Ridge Chiropractic
- Papa Murphy's of Oak Ridge
- Performance Medicine
- Pierce Physical Therapy
- Power Systems
- Legends Fitness
- Project Brain
- Rebecca Cagle (Life Coach)
- Ridgeview; Regions Bank
- Razzleberry's
- RnFIT
- Roane State Community College
- Runner's Market
- Rural Health Association of TN
- The Rush Fitness Complex
- Safe Haven Center
- Safe Kids of Greater Knox
- Safety Smart
- Scoles Family Chiropractic
- Second Harvest Food Bank
- Seniors Helping Seniors
- Shoneys
- Side Splitters
- Snappy Tomato (Oak Ridge)
- Susan. G. Komen
- St. Mary's Church of Oak Ridge
- Tractor Supply Company
- Tai Chi Society
- TENNder Care
- TAHPERD
- Tennessee Orthopedic
- TALK
- East TN Commission on Children and Youth
- Tennessee Smokies
- TNCEP

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| ➤ TTJC Karate | ➤ WVLT |
| ➤ Titanic | ➤ Workout Anytime 24/7 |
| ➤ United Way of Anderson County | ➤ ValRay |
| ➤ UT Medical Center | ➤ Women's Basketball Hall of Fame |
| ➤ USEC, Inc. | ➤ Walgreens |
| ➤ United Health Care | ➤ Wal-Mart |
| ➤ UT Extension of Anderson County | ➤ Weight Watchers |
| ➤ Volunteer State Health Plan | ➤ Wheels4Tomorrow |
| ➤ UT Department of Kinesiology | ➤ Wildtree |
| | ➤ Youth Leadership Council of Oak Ridge |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include the Anti-Drug Coalition, Healthy School Teams and the Healthy Advisory Council. Currently, 30 parents are collaborating with CSH.

Students have been engaged in CSH activities such as First Lego League, Student Council, Rx Drop Offs, Health Events and "Mornings In Motion." Approximately 275 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Oak Ridge City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers –19072 Screenings and 2269 referrals;

Students have been seen by a school nurse and returned to class – 2007-2008 Numbers Unknown, 2008-2009 School Nurse Visits: 18335 Returned to Class: Unknown, 2009-2010 School Nurse Visits 19000 Returned to class 13800;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 2007-2008 39% overweight/obese, 2008-2009 32% overweight/obese, 2009-2010 31% overweight/obese, and 2010-2011 31% overweight/obese;

Many items have been purchased with CSH funds to enhance school health efforts. CSH Funds (whether state funds or donated fund/grants) have been used to purchase fitness equipment for in-school fitness centers, Take10! materials, Michigan Model materials, School Vegetable Gardens, parent education materials (i.e. Nutrition Nuggets) Engergi outdoor fitness system, new physical education curriculum tools (Fly Fishing, Whole Class Wii Fitness, Cricket, Racquet Sports, Kin Ball, in class fitness equipment, Wii for physical education and Library); Professional development has been provided to counselors, physical education teachers, and nurses. Examples include teen suicide, drug abuse, asthma, diabetes, bloodborne pathogens, USTA tennis, physical education fitness, physical education injury prevention, on-job injury prevention, and obesity.

School faculty and staff have received support for their own well-being through staff pampering events (massages, stress relief), Biggest Loser competitions, low cost gym memberships (3 facilities), in-school fitness centers; ewellness staff competition, staff fit club (after work fitness club).

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model, Healthteacher.com, and comprehensive health education curriculum tools available and used by teachers;
- Physical Education/Physical Activity Interventions – fitness rooms, fitness classrooms, improvement in physical education curriculum, increase in physical activity time, grant received to fund Take 10!, and after lunch walking at some schools;
- Nutrition Interventions – school garden, 5 fruits and veggies offered daily on lunch lines, white bread replaced with whole grain, Nutrition Nuggets (parent education newsletter), Teen Food and Fitness Newsletter sent home monthly, family dinner nights and lunch and learns;
- Mental Health/Behavioral Health Interventions – Character Club, suicide prevention trainings, and partnerships with local substance abuse clinics. Focus has been given to preventing bullying and safe schools through the counseling departments.

Oak Ridge Coordinated School Health has developed several unique physical activity opportunities for children. All four elementary schools offer before school fitness programs and 3 of the 4 have school fitness equipment.

The Oak Ridge City School System's lunches are ahead of the curve. Five fresh fruits and vegetables are offered daily, fresh salads, food made from scratch, 100% fruit smoothies; and all bread products replaced with whole grains bread products.

In such a short time, CSH in the Oak Ridge City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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